

# Angel Bemo Crowned 2011 Basketball Homecoming Queen



Angel Bemo

The Meeker High School Basketball Homecoming was held on Friday, December 2, 2011. This year’s Homecoming Royalty included senior queen candidates Angel Bemo and Lorena Garcia, Sac & Fox tribal members. Angel Bemo was crowned the 2011 Basketball Homecoming Queen.

Angel Bemo is the daughter of Ronald M. Bemo, Jr. and the granddaughter of Ron and Jennie Bemo, all Sac & Fox tribal members. She is involved in basketball, cross country, track, Art Club, Indian Club, United Nations Youth Council - Sac & Fox Nation, and BancFirst Student Board of Directors. She also enjoys art, music, coning, planking, hacky sack and tweeting. Her future plans are to go wherever life may take her. She was escorted by Mychal Wood.

Mychal Wood is the son of Edward, Sac & Fox tribal member, and Tammy Wood. He is the grandson of the late

Freeland “Woody” Wood. He is involved in basketball, Indian Club, and BancFirst Student Board of Directors. He also enjoys attending youth class at Sallateeska Baptist Church, arguing with his sister, Amanda, being the jokester of the family, and playing Call of Duty on the weekends. His future plans are to join the United States Marine Corps or attend Haskell Indian Nations University in Kansas.

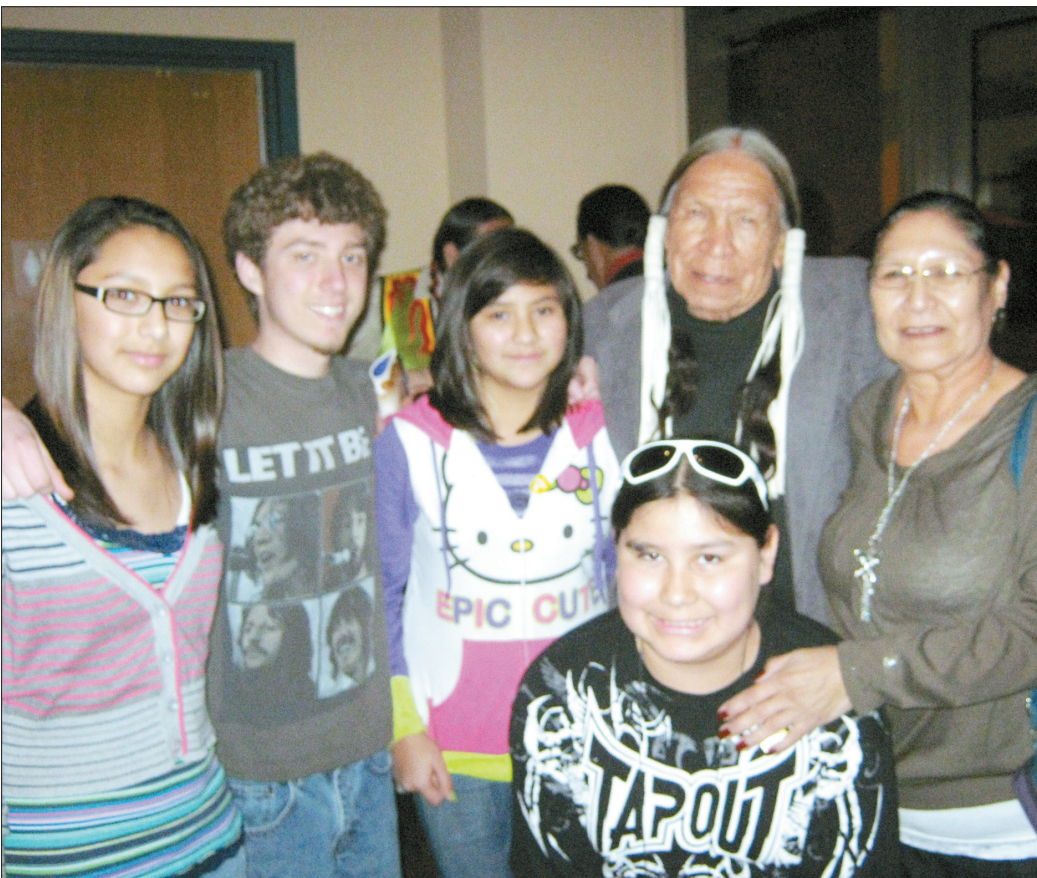


Angel Bemo with her escort Mychal Wood



Angel Bemo with senior candidate Lorena Garcia

Lorena Garcia is the daughter of Wendy, Sac & Fox tribal member, and Yacko Garcia. She is involved in basketball and track. She also enjoys attending Church with the Maston’s, going out with the girls, and playing Michael Jackson dance with the family. Her future plans involve going to college at UCO and living life to the fullest.



From left: Santana Spang, Eric Harris, Summer Spang, Saginaw Grant, Harriet Hunter and Harrison Spang (In front). Harriet is the grandmother of Santana and Harrison and also served as chaperone.

Photo by Harriet Hunter

## Sac and Fox Youth Attend LA Skins Fest in Los Angeles

During the month of November, 2011 native youth from Tonkawa, Ponca and the Sac and Fox Tribes of Oklahoma, Sherman Indian High School in Riverside and TANF in Los Angeles, California took part in an educational seminar and career tour sponsored by NBCUniversal.


Sac and Fox youth, Santana, Eric, Summer and Harrison participated in the Youth Film Workshop here at the Nation, sponsored by the Sac and Fox Nation JOM program in July. While attending the workshop they learned how to write, edit, direct and shoot video. The films they made premiered at the LA Skins

Fest which was held at the Autry National Center.


LA SKINS FEST, presented by the Barcid Foundation, is a weeklong film festival presenting the best in Native American cinema, from across the United States and Canada. Established in 1996, the Barcid Foundation is committed to fostering the growth of Native American film, filmmakers, and audiences in Los Angeles. This year marked the 5th annual film festival, hosted each year at the Autry National Center in Los Angeles during the month of November to celebrate American Indian Heritage Month.

### ATTENTION TRIBAL MEMBERS

**A MEMBER OF THE TAX COMMISSION STAFF**  
**WILL NOW BE AT**  
**THE SHAWNEE MULTIPURPOSE CENTER**  
**TWICE A MONTH.**  
**THE TAX COMMISSION WILL BE THERE ON**  
**THE FIRST (1ST) AND THIRD (3RD)**  
**THURSDAYS OF EACH MONTH.**  
**WE WILL BE ABLE TO BETTER SERVE TRIBAL**  
**MEMBERS LIVING IN THE SHAWNEE AREA WITH**  
**MOTOR VEHICLE REGISTRATION AND ANY**  
**OTHER SERVICE THAT WE CAN ASSIT YOU WITH.**



### Sac and Fox Nation Social Services Announcement



**Additional LIHEAP**  
(Low Income Home Energy Programs) funds are available.  
Applications will be taken until funds are depleted  
For more information or questions please call  
**1-800-259-3970 or**  
**1-918-968-3526 ext. 1051 Or 1052**

## From The Merle Boyd Center

### Sharlyn Kennon, Exercise Specialist

January 2012				
Black Hawk Health Center Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> New Year's Eve Clinic Closed	<b>3</b> 11:15 - Basketball ••• 12:15 - Basketball ••• 4:45 - Step & Core •••	<b>4</b> 11:15 - Beginner Yoga ••• 12:15 - Step & Zumba •••	<b>5</b> 11:15 - Basketball ••• 12:15 - Basketball ••• 4:45 - Step & Zumba •••	<b>6</b> 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
<b>9</b> 11:15 - Zumba ••• 12:15 - Step/Core •••	<b>10</b> 11:15 - Basketball ••• 12:15 - Basketball ••• 4:45 - Step & Core •••	<b>11</b> 11:15 - Beginner Yoga ••• 12:15 - Step & Zumba •••	<b>12</b> 11:15 - Basketball ••• 12:15 - Basketball ••• 4:45 - Step & Zumba •••	<b>13</b> 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
<b>16</b> 11:15 - Zumba ••• 12:15 - Step/Core •••	<b>17</b> 11:15 - Basketball ••• 12:15 - Basketball ••• 4:45 - Step & Core •••	<b>18</b> 11:15 - Beginner Yoga ••• 12:15 - Step& Zumba •••	<b>19</b> 11:15 - Basketball ••• 12:15 - Basketball ••• 4:45 - Step & Zumba •••	<b>20</b> 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
<b>23</b> 11:15 - Zumba ••• 12:15 - Step/Core •••	<b>24</b> 11:15 - Basketball ••• 12:15 - Basketball ••• 4:45 - Step & Core •••	<b>25</b> 11:15 - Beginner Yoga ••• 12:15 - Step & Zumba •••	<b>26</b> 11:15 - Basketball ••• 12:15 - Basketball ••• 4:45 - Step & Zumba •••	<b>27</b> 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
<b>30</b> 11:15 - Zumba ••• 12:15 - Step/Core •••	<b>31</b> 11:15 - Basketball ••• 12:15 - Basketball ••• 4:45 - Step & Core •••			
• Boyd Center Fitness Room      •• Boyd Center Kitchen      ••• Gym				

### January 2012

#### BLACK HAWK HEALTH CENTER ACTIVITIES

#### Activity Descriptions:

**Group Exercise Classes** – Call Sharlyn Kennon for questions.  
918-968-9531 x208

**Beginning Yoga** increases flexibility while building strength and stamina through various movements and poses. Yoga helps improve posture, rejuvenate energy, relieve stress, and reduce fatigue and/or chronic pain. This is a great class for those beginning an exercise program.

**Circuitcise** is a circuit training program that alternates between cardiovascular and muscle strength/endurance exercises. The circuit uses weight machines, free weights, calisthenics, exercise bands and cardiovascular equipment to work all major muscle groups in the body. No choreography. All fitness levels welcome.

**Core** is a workout designed to tone the core muscles of the body. The “core” muscles run the entire length of the torso and are used to stabilize the spine and pelvis. Benefits of a strong core include reduction of back pain, improvement of posture imbalances and enhanced fitness performance. If you’re looking for tighter abs, obliques, glutes and back muscles, this is the class for you!

**Step** is a cardiovascular workout that burns 30-60% more calories than traditional aerobics classes. Participants can choose to workout on a 4, 6 or 8 inch step depending on their fitness level. The choreography is basic so all fitness levels can participate.

**Xbox Kinect Games** are played every Friday in the Merle Boyd Center. Join us for fun, games and dancing.

**Zumba** is a fusion of latin and international music that create a dynamic, exciting and effective workout! Routines feature a aerobic interval training with a combination of fast and slow rhythms. Zumba is a “feel-happy” workout that is great for the body, mind and spirit.

